

# From The Merle Boyd Center

## Muscle of the Month *Hamstring* Sharlyn Kennon, Exercise Specialist

There are three muscles that make up what are commonly referred to as your Hamstring muscles. The semitendinosus, semimembranosus, and biceps femoris are the three muscles on the back of your leg, between your bottom and your knee (posterior thigh muscles).

Together, your hamstring muscles act on two joints, your hip and your knee. They are responsible for knee flexion (bending) and hip extension (straightening) and play a crucial role in daily activities, such as, walking, running, jumping, and controlling some movement in the trunk.

Excessive use (such as in sports) where the hamstring ends up working harder than

the quadriceps (front of your thigh) can cause a strain or “pulled hamstring”. If the strain is severe enough, it can take 4-6 weeks to heal. To avoid injury, it’s always good to strengthen and stretch.

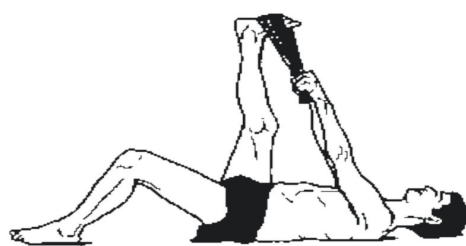
Exercises that will strengthen the hamstrings include lunges, squats, leg press, hamstring curl and deadlift.

Stretching the hamstrings is very important. First of all, the hamstrings are shortened because we use them constantly during the day by walking and running. Used muscles tend to shorten and therefore need to be stretched. Secondly, and far more importantly, muscles that are held in a shortened state for long periods are far

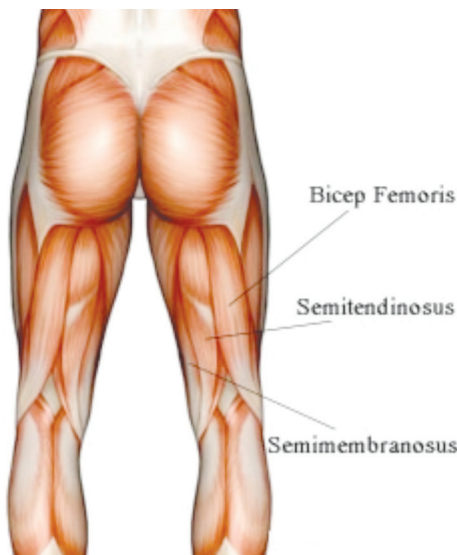
more likely to shorten and stay short. The one “activity” that we are all guilty of that shortens the hamstrings more than anything is sitting. By sitting down for long periods we are making our hamstrings dangerously tight which can lead to all sorts of problems.

Tight hamstrings are responsible for a lot of the back pain injuries. Because we sit so much throughout the day we shorten the muscles. By doing this we create a huge pressure build up in the hip joint areas and indirectly to the lower back. This will take time to happen, but gradually as our bones are pulled out of their natural lines and our bodies try to adapt, these movements will create weaknesses which means we are primed for an injury.

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### Whole Grain Blueberry Pancakes

Makes 10-12 (5-inch) cakes

- |                             |                                    |
|-----------------------------|------------------------------------|
| 2 cups milk                 | 1/4 tsp cinnamon                   |
| 2 Tbl olive oil             | 1/2 tsp salt                       |
| 2 eggs                      | 1 Tbl baking powder                |
| 2 cups whole wheat flour    | 1/2 cup or more frozen blueberries |
| 2 Tbl old-fashioned oatmeal |                                    |

**Directions:**

1. In a small mixing bowl, combine milk, olive oil and eggs. Mix thoroughly.
  2. In a large mixing bowl, combine whole wheat flour, oatmeal, cinnamon, salt and baking powder. Mix well.
  3. Add the liquid ingredients to the dry. Mix thoroughly, but do not over mix. Whole wheat batter will toughen with too much mixing.
  4. Fold in the blueberries gently without over mixing the batter.
  5. Preheat a griddle or frying pan on medium-high heat. Pour the batter into 5-inch cakes. Cook until golden brown and turn. Brown the second side, remove and serve with honey.
- Tip: Some whole wheat flours absorb more liquid than others. If batter is stiff, add a little more milk.

get rewarded for exercising  
join the  
**COMMIT TO BE FIT CLUB**



for more information contact:

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at the



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# “Got Health?”

Coming Thursday, July 7th  
10 a.m. to 2 p.m.

*5th Annual Health Fair*

## Make Plans To Attend

### BLACK HAWK HEALTH CENTER ACTIVITIES

**Activity Descriptions:**

**Group Exercise Classes** – Call Sharlyn Kennon for questions.  
918-968-9531 x208

**Circuitcise** is a circuit training program that alternates between cardiovascular and muscle endurance exercises. The circuit includes using weight machines, free weights, calisthenics, exercise tubing and cardiovascular equipment to work all major muscle groups in the body. This is a great total body workout done to motivating music!

**Yoga** increases flexibility while building strength and stamina through various movements and poses. The main emphasis of yoga is to blend philosophies of physical and mental conditioning through stretching and relaxation. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain.

**Combo Cardio** is an upbeat aerobic class that is sure to get your body moving! This class combines hi/low impact, Zumba, line dancing and step aerobics for a great cardiovascular workout for beginner, intermediate or advanced fitness enthusiasts.

**Washboard Core** is a workout designed to tone the core muscles of the body. The icoreî muscles run the entire length of the torso and are used to stabilize the spine and pelvis. The benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhanced fitness performance. If you’re looking for tighter abs, obliques, gluts and back muscles, this is the class for you!

**Step Aerobics** is a cardiovascular workout that burns 30-60% more calories than traditional aerobics classes. Participants can choose to workout on a 4, 6 or 8 inch step depending on their fitness level.

**Xbox Kinect** Games are played every Friday in the Merle Boyd Center. Join us for fun, games and some friendly competition that will get your body moving.

**Zumba** is a fusion of latin and international music with dance themes that create a dynamic, exciting and effective workout! The routines feature a aerobic interval training with a combination of fast and slow rhythms that tone and Sculpt the body. Zumba is a “feel-happy” workout that is great for the body, mind and spirit.

**Nutrition Workshops in the Kitchen**  
Call Erica Dean for questions. 918-968-9531 x203  
**Salads for Summer** -- Make salads with some pizzazz!  
Recipe copies will be provided to those who attend.

June 2011				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>2</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio •••	<b>3</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>6</b> 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	<b>7</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba •••	<b>8</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>9</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio •••	<b>10</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Native Youth Preventing Diabetes Camp</b>				
<b>20</b> 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	<b>21</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba ••• 12:00 - Salads for summer ••	<b>22</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>23</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio •••	<b>24</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>27</b> 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	<b>28</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect •	<b>29</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>30</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect •	
• Boyd Center Fitness Room		•• Boyd Center Kitchen		••• Gym

